

Capacity building for parents/caregivers and children through a positive parenting engagement.



Project Report

NOVEMBER 2022

IMPLEMENTED BY:

REAL LIFE INTERNATIONAL MINISTRIES **IN COORDINATION WITH**
COMMUNITY'S HEROES OF TANZANIA ORGANIZATION

INTRODUCTION

There is a significant challenge in parenting education for parents and caregivers in Tanzania and around the world. As a result, children are unable to receive basic social, psychological and emotional support. In addition to being aware of parenting issues, parents have been preoccupied with the responsibilities of finding money to support their families, leaving parenting to people who lack basic parenting education.

The United Republic of Tanzania's government launched the National Agenda for Responsible Parenting in 2019, with the goal of promoting responsible parenting and family care, particularly those relating to children's rights and protection. The agenda's five pillars were care, protection, communication, love, and family development.

Real Life International Ministries in collaboration with Community's Heroes of Tanzania Organization have decided to join government efforts and provide training for caregivers and parents raising children in the Real Life Children's Home and others few from the neighbourhood, Real Life Children's Home, is a shelter responsible for taking care of vulnerable children in our Tanzania community, it is coordinated by Real Life International Ministries under the Real Life Housing Programme. In this project, good parenting skills were taught in tandem with life skills training for children who are taken care of in children's shelters.

Erik Erikson (a psychologist who developed one of the most popular and influential developmental theories) believed that the first stage of psychosocial development occurs between birth and one year of age and is the most fundamental stage of life. Because an infant is completely reliant, trust is built on the dependability and quality of the child's caregivers.

At this stage of development, the child is completely reliant on adult caregivers for all of their needs, including food, love, warmth, safety, and nurturing. If a caregiver fails to provide adequate care and love, the child will develop the impression that they cannot trust or rely on the adults in their lives. A child who successfully develops trust will feel safe and secure in the entire world. However, caregivers who are inconsistent, emotionally unavailable, or rejecting contribute to children's feelings of mistrust. Failure to develop trust leads to fear and the perception that the world is inconsistent and unpredictable.

PROJECT DESCRIPTION

Real Life International Ministries in collaboration with Community's Heroes of Tanzania Organization have successfully implemented a project that focused on building capacity for parents/caregivers and children through a positive parenting engagement. As part of Real life Housing Programme, this project covered a wide range of key issues relating to positive parenting towards the betterment of children's well being. The topics targeted the two groups; the parents/caregivers and the children on the other side. The project successfully benefited thirty three 33 beneficiaries where by 15 participants were parents/caregivers and 18 children. Among them 45.46% were female while male constituted 54.54%.

OUR GOALS AND OBJECTIVES

MAIN PROJECT OBJECTIVES

The primary goal of this project was to provide foster care education and capacity building for children's caregivers at Real Life Children's Home which is managed by Real Life International Ministries, and some parents and children from the surrounding neighborhood, as well as to educate the children on self-awareness, self-protection, self-confidence, their rights and duties, life hacks, and how to pursue their dreams and talents.

Topics associated with the parents/caregivers included; Human development stages, Duties and responsibilities of Care givers/Parents, Parenting skills, Human behaviour modification, Children's rights, Child safety and protection, Violence against children (VAC), Conflict resolution, Problem solving skills, Decision making, Social entrepreneurship and Financial mindset/financial budgeting. While the topics associated with the children will include; Self awareness and life skills, Children rights and responsibilities, Confidence building/self confidence, Team working, Leadership skills, Growth and fixed mindset, Children safety, Children in ICT (information communication technology), Talents & Career development, Communication and presentation skills, Interview skills and Inspiring stories.



OUR SCOPE OF WORK

This project began at Real Life Children's Home, focusing on caregivers and children at the centre and some parents and children from the surrounding neighbourhood. However, we aim to expand this awareness to other external audiences as we recognise the importance of spreading the knowledge and parenting skills to the larger community because currently the children violent cases keep on rise. Dr Dorothy Gwajima, Tanzania minister for Community Development, Gender, Women and Special Groups, said that available data shows that 40 percent of cases of violence against children occur in schools and 60 percent from outside the learning environment mostly in families and residential areas. Data from the Tanzania Police Force indicates that 27,369 children were exposed to various kinds of violence between 2020 and 2022 making an average of 1,140 child abuse actions per month. Source: Rising child abuse cases in Tanzania force review of law. <https://www.theeastafrican.co.ke/tea/news/east-africa/tanzania-child-law-3912468>

Due to the availability of lengthy well-structured topics covered in this training, the TIME FRAME for this project was set at six weeks, from September 16th to October 21st, 2022. Furthermore, the sessions took place twice a week, on Fridays and Saturdays. The caregivers were the focus of Friday sessions, while the children were the focus of Saturday sessions.

APPROACHES

The training was implemented by using various approaches/methodologies which include energizers, questions, presentation, session discussion or sharing ideas, diagram and suggestions from all participants and facilitation. All these approaches were focused to equip all participants to understand effectively sessions which were facilitated by trainers from Community's Heroes of Tanzania Organization.

PROGRESS REPORT IN BRIEF

The topics covered during the entire course of this project were associated to both parents/caregivers and the children: The sessions associated with the parents/caregivers included; Human development stages, Duties and responsibilities of Care givers/Parents, Parenting skills, Human behavior modification, Children's rights, Child safety and protection, Violence against children (VAC), Conflict resolution, Problem solving skills, Decision making, Social entrepreneurship and Financial mindset/financial budgeting. While the topics associated with the children will include; Self awareness and life skills, Children rights and responsibilities, Confidence building/self confidence, Team working, Leadership skills, Growth and fixed mindset, Children safety, Children in ICT (information communication technology), Talents & Career development, Communication and presentation skills, Interview skills and Inspiring stories.

For instance on PARENTING SKILLS and HUMAN DEVELOPMENT STAGES which were facilitated by Chikoti Gele and Stephano Sajilo, familiarized the parents and children's caregivers with the understanding of the proper parenting skills through considering core human developmental stages of person, as well as to help parent to understand various types of parenting skills for instance problem solving skills, communication skills. Altogether with parenting styles such as authoritative style, permissive style, neglectful styles and authoritarian parenting style based on the work of child psychologists such as psychologist Diana Baumrind.

Parents learned about the concept of human development, different stages of human development, and variables affecting a child's growth during a workshop on human development stages led by Stephano Sajilo.

On child safety and protection, parents learned about the meaning of child safety and protection, and how to protect their children against violence and any form of discriminations such as bullying. To understand red flags/indicators and negative effects of violence and discrimination against children. They were also informed about the necessary steps to be taken once the child has experience or is at risk to be a victim against violence, discrimination or any form of abuse. for instance they should call 116 for reporting of the incidence, or immediately contact gender desk officer at the police post or social welfare officers at the corresponding local government office.

Among other topics covered was CHILD PSYCHOLOGY IN HUMAN BEHAVIOR MODIFICATION in this session parents/caregiver discussed about the meaning of child behaviour modification, categories of risks behavior and its effects, to know techniques used in modification of child behaviors and the benefit of modifying child abnormal behaviors.

The children also had the opportunity to learn about self-awareness and ways to increase their self-confidence. The major objective was to improve their self awareness, their aspirations, and means of achieving them. Children were also taught about their responsibilities at home and at school, tasks such as completing their schoolwork on time or assisting their parents or guardians with minor chores..

Children were taught how to express their opinions and the difficulties they face, in addition to self-awareness education. They learned how to express themselves in front of others and in a classroom setting, for example, as well as how to work in a team to complete a task on time.

Children were also taught about their fundamental rights, such as the right to life, the right to participate, the right to a good education, the right to freedom of thought and expression, the right to be protected, listened to, loved, and respected, and how to develop and fulfil their God-given talents and gifts.

Emmanuel Ernest Chenge, Executive Secretary of Real Life International Ministries, shared some inspiring stories about public figures who have made significant positive contributions to their communities. Former Tanzanian President Mwalimu Julius Nyerere, current Tanzanian President Samia Suluhu Hassan, Nelson Mandela, Mother Theresa, Said Salim Bakheresa, John D. Rockefeller, Martin Luther King Jr., Patrice Lumumba, Ben Carson, and Elon Musk were among those included on the list. The children were inspired by the stories of these figures' hard work from their childhood to the time they achieved success in their field.





PROJECT ACHIEVEMENTS

The sessions in this project covered a wide range of key issues relating to positive parenting towards the betterment of children's well being. The topics targeted two groups; the parents/caregivers and the children on the other side. The project successfully benefited thirty three 33 beneficiaries where by 15 were parents/caregivers and 18 children. Among them 45.45% were female while male constituted 54.54%.

We expect to make the best use of the experience gained in this project by hosting other similar trainings that will have a greater impact on the upbringing of the children because it will help raise their self-awareness, possess strong ethics and values, and recognise their God-given potential to achieve their dreams.

"In this project, I have learned how to ensure that the child achieves his dreams as he intended and to consider children's rights, which include the right to health, education, family life, play and recreation, an adequate standard of living, and to be protected from danger, abuse and any forms of violence. When you fulfil these rights, you are assisting the child in becoming very confident and successful in life." Maria Elias, a parent and one of the attendees of the training.

"I have learned how to correct a child whose behaviour has been negatively impacted while remaining friendly and not infringing on his or her rights. I've learned friendly methods of behaviour modification, such as teaching, instructing, praising or awarding him or her when he or she does well, and punishing him or her when necessary, such as limiting his or her television time and other programmes. Most importantly, I have discovered that a child learns a lot from a parent's actions rather than his or her instructions." said Mr Anthony, one of the attendees of the training.

CHALLENGES

Lack of financial support/funds from the stakeholders to facilitate proper implementation of the program for instance; buying facilitation equipments and support the trainers with facilitation fee and transportation fare to and from the venue.

RECOMMENDATION

To ensure that this project is sustainable, Real Life International Ministries and Community heroes of Tanzania organization should continue to work together in order to expand this initiative to reach more parents and guardians in the community.

PARTNERSHIPS & COLLABORATIONS

On this project, Real Life International Ministries has collaborated with the Community Heroes of Tanzania Organization in partnership with Digital Agenda for Tanzania Initiative and Vipimo Bora Maabara in implementation of capacity building for parents/caregivers and children through a positive parenting engagement.

Real Life International Ministries (RLIM) is a faith-based organisation registered in Tanzania under the Ministry of Home Affairs, with the vision of sharing good news and assisting those in need in our communities and around the world. It is formed by a group of friends who have identified needs in our communities and decided to address them. In fact, there are many people around the world who are suffering from a variety of issues, including poverty, hunger, homelessness, and others. We really want to make a difference in the lives of these people.

In 2019, RLIM launched the Real Life Housing Programme. This programme seeks to provide a safe haven for orphaned and helpless young girls and boys by providing education, health, family care, and spiritual support to vulnerable children at Real Life Home Centre. The programme currently supports eight children who are cared for at Real Life Home. Although it has began with fewer, the institution hopes to reach more at-risk children as its service and resources expand. These children are assisted with three milestones: spiritually, physically, and mentally.

Community's Heroes Of Tanzania Organization is a registered NGO working on children rights. its vision is "To have a community that promotes the wellbeing of children and youth. Its mission is "To establish the community that promotes youth and children wellbeing through provision of civic education, advocacy and similar form of assistance that is of interest and beneficial to the youths and children". It is formed by dedicated, informed and skilled young professionals who have devoted their time working to address challenges facing our communities especially the children. This project is going to benefit a lot from their expertise.

GALLERY



STAFF & TEAM MEMBERS

THE AWESOME PEOPLE BEHIND THIS PROJECT



Emmanuel Ernest Chenge
Executive Secretary

Real Life International Ministries



Stephano Sajilo
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